



City of Newton, MA

INVEST IN YOURSELF

April 2013 Health and wellness newsletter for employees

MANAGING SEASONAL ALLERGIES

CITY HALL HEALTH MAINTENANCE CLINIC

CITY HALL
ROOM 203,
10 TO 11 AM
TUES., APRIL 16
NEW ROOM!

ZUMBA

@ CITY HALL
WAR MEMORIAL
WEDNESDAYS
5:15 TO 6:15 PM
NEW SESSION
BEGINNING 4/24



EMAIL
WELLNESS@
NEWTONMA.GOV
TO SIGN UP OR
CALL (617) 796-
1420

The sneezing and watery eyes of seasonal allergy sufferers have begun.

Here are some steps you can take to minimize allergens and irritants such as dust mites, pollen and mold:

- Keep windows closed during pollen season, especially during the day.
- Stay inside during mid-day and afternoon hours when pollen counts are highest.
- Take a shower, wash your hair, and change clothing after working or playing outdoors.
- Remove or limit carpeting in the home. If possible, replace it with hardwood, vinyl,



or linoleum floors that are easier to clean.

- Change air conditioning and furnace filters every three months, and use filters with a MERV rating of 8 to 12. A MERV rating tells you how well the filter can remove dust from the air as it passes through the filter.
- Cover mattresses, box springs and pillows with removable and washable allergen resistant coverings.
- Wash bedding and stuffed animals weekly in hot water.
- Use a dehumidifier.
- Contact your doctor if you have continued symptoms such as a runny nose, sneezing, or coughing to see if an over-the-counter antihistamine would help you.
- For additional tips, visit the American College of Allergy, Asthma and Immunology website at www.acaai.org

You don't need to suffer through allergy season! Taking these steps to minimize your pollen exposure can allow you to enjoy the spring and stay healthy!



APRIL NUTRITION LUNCH & LEARN

Join us for another exciting lunch and learn on Tuesday, April 23, from 12 noon to 12:45 p.m. in City Hall Room 222.

A nutritionist/dietician from Newton-Wellesley Hospital, Lauren Decker, will be presenting general nutrition information



and some great ideas for packing healthy lunches. Lunch is included for those who **RSVP by Monday, April 22.**

Please email wellness@newtonma.gov to sign up.

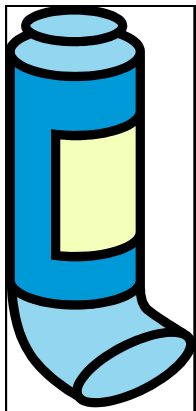


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CONTROLLING ASTHMA IN KIDS AND ADULTS



Asthma is a disease caused by airway narrowing. A variety of factors can trigger an asthma attack. Symptoms include wheezing, chest tightness, and trouble breathing. Your doctor can prescribe different

medications such as inhalers and oral medications to help alleviate the symptoms and to prevent attacks.

Controlling the home environment is another way to help your loved ones with asthma. The following is a list of triggers for many asthma patients:

Tobacco Smoke: Smoking around someone with asthma can cause an asthma attack.

Dust Mites: Dust mites are present in every home, but can be decreased by cleaning up clutter, vacuuming, and washing sheets in hot water.

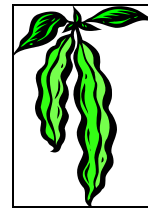
Outdoor Air Pollution: Avoid heavy traffic or other areas with smog or air pollution especially during rush hour.

Cockroaches: Cockroaches and their droppings can trigger asthma, Pest control can eliminate cockroaches.

Pets: Most pets have dander that can cause asthma symptoms. Your doctor should be consulted before you bring home a pet if someone has asthma. Asthma is a chronic disease, but symptoms and attacks can be controlled with proper medications and precautions. Medications that work to prevent attacks do not usually work during an acute attack.

EMPLOYEE HEALTH FAIR MAY 15

- Save the Date for the Employee Health Fair on Wednesday, May 15 from 11 a.m. to 2 p.m. in the City Hall War Memorial Auditorium.
- A variety of vendors will be on hand to answer health questions, offer samples and provide wonderful health related information.
- Don't miss this great event!



This delicious green delight is perfect for dinner or lunch, and has great nutrients and vitamins for a healthy diet!

Ingredients:

- 1/4 cup water
- 4 cups hard green vegetables (asparagus, broccoli, green peppers, green beans, whatever you have!)
- 1/2 tsp. salt
- 4 cups of cooked (or leftover) pasta
- 1/4 cup pesto

Directions:

1. Bring 1/4 cup water and 4 cups of green vegetables to a boil and cook until the water has evaporated.
2. Add pasta and remaining 1/4 cup water and cook until water has been absorbed
3. Remove the pan from the heat and add pesto and ground black pepper.

